

How to Quit Vaping



Quitting vaping is easier when you prepare and make a plan in advance.

1. Know Why You're Quitting

Think about the things that are important to you and how vaping is affecting them.

2. Imagine Yourself Vape-Free

Think about how your life would be without vaping.

3. Commit To Your Quit

Pick a date to quit and stick to it. Make a plan for what you are going to do that day.

4. Create Your Quit Plan

Create a plan to stay confident and motivated.

5. Know What Challenges to Expect

The first weeks of quitting are the hardest, so be familiar with what may come up like cravings or withdrawal.

6. Build Your Team

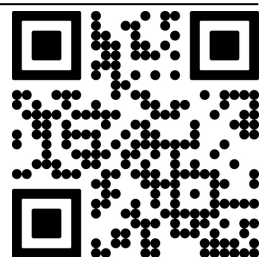
Surround yourself with supportive people who will help keep you motivated.



Are you ready to quit vaping?

Learn more about how to quit by scanning the QR code or visiting

<https://teen.smokefree.gov/quit-vaping>



How to Quit Vaping



50% of Eau Claire County students who vaped or used tobacco products reported trying to quit in 2021.

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Know Why You're Quitting

- Is vaping affecting your health?
- Is vaping controlling your life?
- How does vaping affect the way you feel?
- How does vaping affect relationships with your friends, family, or other people important to you?
- How does vaping or thinking about vaping interfere with your school work, grades, or extra curriculars?

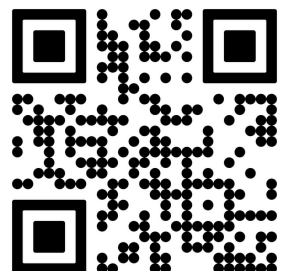
Make a list of all the reasons you want to quit and put it in a place you'll see it often. When you have the urge to vape, look at the list to remind yourself why you want to stop.



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Vaping isn't as popular as you may think.

In 2021, only 12% of high schoolers in Eau Claire County had vaped in the past 30 days.

Imagine Yourself Vape-Free

- **Make the mental shift** and separate yourself from vaping by thinking of yourself as someone who doesn't vape.
- **Focus on the positive** by listing all of the positive things about yourself that don't involve vaping. Leave this list somewhere you will see it as a reminder that vaping does not define you.
- **Picture the future you** and who you will be without vaping. Compare who you are now to your future self.

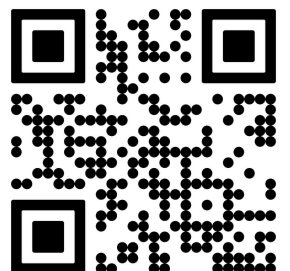
It can be hard imagine your life with vaping - especially if you vape a lot throughout the day. Think of what changes you hope to see after quitting to help get through cravings.



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48% of Wisconsin High School students who vaped reported trying to quit in 2019.

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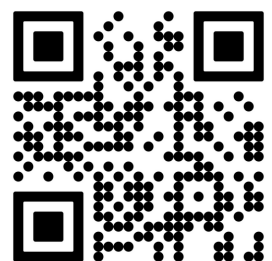
Commit To Your Quit

- **Give yourself time to get ready.** You can feel more confident and get the skills you'll need to successfully quit
- **Don't put it off for too long.** Picking a quit date too far away gives you time to change your mind or lose motivation. Choose a date a week or two away.
- **Set yourself up for success.** Avoid picking a quit date that will be stressful, like the day before a test or presentation.

Pick a quit date and circle it on your calendar or set an alert on your phone. Make a plan for what you will do on your big day that will distract you from vaping.

Are you ready to quit vaping?

Create a personalized quit plan to help you stay confident and motivated by scanning the QR code or by visiting www.teen.smokefree.gov/quit-plan



How to Quit Vaping



The most common reason students in the U.S. give for continued vape use is feelings of anxiety, depression, or stress; even though vaping has been associated with mental health symptoms such as depression.¹

Know What Challenges to Expect

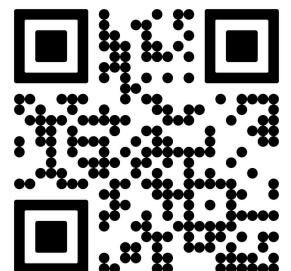
- **Learn your triggers.** Certain people, feelings, or situations can cause you to want to vape. Avoiding these triggers can help you be successful in the early stages of your quit.
- **Prepare for cravings and withdrawal.** Know what to expect and have strategies for handling thoughts and feelings that may tempt you to vape.
- **Resist temptations.** Avoid situations where others are vaping. If unavoidable, plan how to handle these situations.

It may feel like a piece of you is missing when you first quit, which can be hard to get used to.



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Vape cravings can last anywhere from 4 – 24 hours after you vape, and can continue to occur occasionally in the months following your quit.

Things to do to Handle Vape Cravings

- **Chew gum.** Chewing gum can help you distract yourself from the repetitive action of using a vaping device.
- **Have a snack.** Satisfying your craving in other ways such as having a healthy snack can help fill you up.
- **Drink water.** Just like having a snack, water can help fill you up and help curb your cravings.
- **Stop and breathe or meditate.** By doing a quick breathing exercise, you can focus on your breathe and body until the craving passes.
 - Take 10 breaths, with 4 seconds to inhale and exhale.

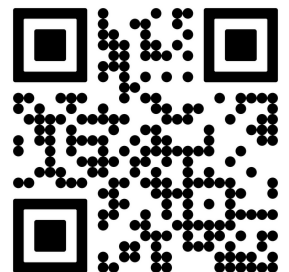
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Seeking help from a trusted adult can help you feel more confident in your quit plan and keep you on track.

Build Your Team

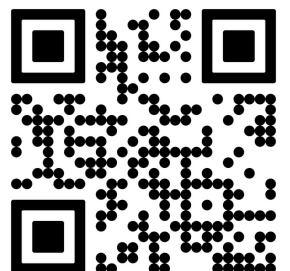
- **Be specific.** Tell your friends what kind of support you need. Tough love, encouragement, or someone to talk to.
- **Say thank you.** Tell your team you appreciate them.
- **Support others.** Support is a two-way street. Check-in with your friends and ask them how you can help.
- **Talk to a doctor.** Ask how they might be able to help you or what programs are available to help you quit.

Surrounding yourself with people who are supportive of your decision to quit can make it easier and help you be successful in your quit.



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The most common reason U.S. middle and high school students give for trying a vape product is “a friend used them.”

How to Deal with People Who Don't Understand

- **Distance yourself.** You may need to let them know you need to make quitting a priority and take a break when you first quit.
- **Recommit to quitting.** Remind yourself why you are quitting and why it is important to you.
- **Ask them to respect your decision.** Not everyone will know how to be supportive, so ask them not to vape around you or offer you their vape.
- **Lean on positive people.** Spend time with people who make you feel good about your decision.

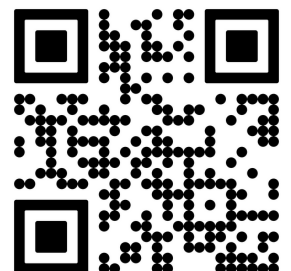
Some important people in your life may not understand your decision to quit, which can be frustrating or discouraging.



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Ready to quit?

You don't have to do it alone. Local and national resources are available.

Resources You Can Use

Talk to a cessation counselor

Call 1-800-QUIT-NOW
or 1-877-44U-QUIT

Download the quitSTART app

or try Smokefree by texting
"QUIT" to 47848

Chat online using National
Cancer Institutes LiveHelp service
at livehelp.cancer.gov

**Create your personalized quit
plan** at
teen.smokefree.gov/vaping-quit-plan

Get free support at
dhs.wisconsin.gov/vapefree or
text "VAPEFREE" to 873373

For more teen quit resources, visit
<https://teen.smokefree.gov/quit-vaping>

**You don't have to quit alone. There are local, state,
and national resources you can access for free to
make your quit easier.**

For more free resources and information
on local Eau Claire County support and
resources visit

GetInvolvedASAP.org

